

W4M MEN - Match 4

Insert non scoring results at the bottom						
EMAC Track & Field League			West Division - Match 4		Teams =	6
Milton Keynes			Wed	29 July 2026	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
x	1	Bedford & County AC	1	143.0	568.5	1
x	2	Marshall Milton Keynes AC	5	128.0	540.5	2
x	4	Fairlands Valley Spartans	4	46.0	286.0	3
x	3	Corby/Northampton AC's	3	52.0	217.0	4
x	5	Biggleswade/Luton AC's	2	17.0	58.0	5
x	6	Spare 6	6	0.0	0.0	6
x	6	Spare 7	7	0.0	0.0	6
x	6	Spare 8	8	0.0	0.0	6

Single numbers (0-8) only		RDA = Race Day Age				Hand Timing scoring	
Do not insert athlete data in Results section - use "Declarations" tab only		2003 200m 200m M35-49 - [M35+]				Records	
2003 200m		200m M35-49 - [M35+]		RDA Team		(NN.n) Pts Wind	
5	1	Dean Ward	36	Marshall Milton Keynes AC	24.6	6	
1	2	Roy Chambers	40	Bedford & County AC	25.3	5	
3	3	John Bowden	45	Corby/Northampton AC's	26.0	4	
4	4	Anton McCalla	49	Fairlands Valley Spartans	30.3	3	
	5					2	
	6					1	
	7					0	
	8					0	
2005 200m		200m M50-59 [M50+]		RDA Team		(NN.n) Pts Wind	
5	1	Darren O'Leary	58	Marshall Milton Keynes AC	27.0	6	
3	2	Keith Lok	51	Corby/Northampton AC's	27.4	5	
1	3	Peter Benedickter	57	Bedford & County AC	28.1	4	
4	4	Steve Mayfield	60	Fairlands Valley Spartans	28.7	3	
	5					2	
	6					1	
	7					0	
	8					0	

Highest Track Age Graded % =			91.2
Athlete	Andrew Leach	RDA	62
Club	Bedford & County AC		
Event	3000m M60-69 [M60+]		
Result	10:05.0		
Format Result to suit the result			
Highest Field Age Graded % =			81.3
Athlete	Robert Kingman	RDA	53
Club	Bedford & County AC		
Event	Pole Vault M50-59 [M50+]		
Result	4.02		

Records				2023	EA No
M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	80.2	4215395
-	x	x	x	80.0	2667991
-	x	x	x	80.4	4039067
-	x	x	x	70.8	3180094

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2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.n)	Pts	Wind
4	1	Roy Head	61	Fairlands Valley Spartans	27.9	6	
1	2	Tennyson James	68	Bedford & County AC	27.9	5	
5	3	Paul Canning	60	Marshall Milton Keynes AC	29.7	4	
2	4	David Brown	68	Biggleswade/Luton AC's	43.8	3	
	5					2	
	6					1	
	7					0	
	8					0	

8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Chris Parson	45	Bedford & County AC	02:13.7	6
5	2	James Down	39	Marshall Milton Keynes AC	02:26.8	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
1	1	Gavin Reynolds	51	Bedford & County AC	02:43.1	6
5	2	Kevin Church	62	Marshall Milton Keynes AC	03:07.2	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
1	1	Ian Sells	62	Bedford & County AC	02:27.8	6
5	2	Stewart Fraser	67	Marshall Milton Keynes AC	03:14.3	5
3	3	Richard Brown	73	Corby/Northampton AC's	03:29.5	4
	4					3
	5					2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	83.3	4035182
-	x	87.4	2775264
-	x	77.7	2971309
-	x	55.7	2708007

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	82.0	4122913
-	x	x	x	71.2	3121635

M50-59	M60-69	M70+	AG %	EA No
-	x	x	70.5	2705296
x	-	x	67.3	3088379

M60-69	M70+	AG %	EA No
-	x	85.2	3774661
-	x	67.6	2690421
x	-	66.0	2687604

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30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
5	1	James Down	39	Marshall Milton Keynes AC	10:16.3	6
1	2	Edward Adams	40	Bedford & County AC	10:39.7	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
1	1	Simon Coombes	54	Bedford & County AC	10:01.2	6
3	2	Chris Bell	57	Corby/Northampton AC's	10:16.8	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
1	1	Andrew Leach	62	Bedford & County AC	10:05.0	6
5	2	Kevin Church	62	Marshall Milton Keynes AC	13:17.5	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

30007	3000m	3000m M70+	RDA	Team	(NN:NN.n)	Pts
1	1	Aleksander Swiecicki	78	Bedford & County AC	13:22.5	6
4	2	Charles Arnold	70	Fairlands Valley Spartans	14:37.2	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

[illegible][illegible][illegible][illegible]

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400H3	LH	400mH M35-49 (91.4cm) [M35+]	RDA	Team	(NN.n)	Pts
5	1	Clint Grabs	39	Marshall Milton Keynes AC	64.4	6
3	2	John Bowden	45	Corby/Northampton AC's	79.0	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

400H5	LH	400mH M50-59 (84.0cm) [M50+]	RDA	Team	(NN.n)	Pts
1	1	Peter Benedickter	57	Bedford & County AC	69.5	6
5	2	Anthony Moffat	56	Marshall Milton Keynes AC	88.4	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

300H6	LH	300mH M60-69 (76.2cm) [M60+]	RDA	Team	(NN.n)	Pts	Wind
1	1	Tennyson James	68	Bedford & County AC	53.8	6	
5	2	John Lawrence	62	Marshall Milton Keynes AC	66.8	5	
4	3	Charles Arnold	70	Fairlands Valley Spartans	77.2	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Roy Chambers	40	Bedford & County AC	44.05	6
5	2	Eugene Swanepoel	54	Marshall Milton Keynes AC	37.46	5
2	3	Darren Janssen	37	Biggleswade/Luton AC's	31.69	4
3	4	John Bowden	45	Corby/Northampton AC's	30.14	3
4	5	Anton McCalla	49	Fairlands Valley Spartans	19.13	2
	6					1
	7					0
	8					0

M35-49
-
-

M50-59
-
-

M60-69
-
-
x

M35-49
-
x
-
-
-

AG %	EA No
75.5	2690440
64.9	4039067

AG %	EA No
82.5	3402370
64.2	3947745

AG %	EA No
80.0	2775264
60.4	3246421
-	3371952

AG %	EA No
50.2	2667991
-	4009384
34.6	3657944
37.1	4039067
25.1	3180094

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JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
5	1	Mark Roberson	51	Marshall Milton Keynes AC	35.33	6
1	2	Darren Kerr	56	Bedford & County AC	29.04	5
3	3	Ray Mckenna	50	Corby/Northampton AC's	26.03	4
	4					3
	5					2
	6					1
	7					0
	8					0

JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	Gwynn Wallace	61	Marshall Milton Keynes AC	30.68	6
1	2	Simon Eastwood	61	Bedford & County AC	28.93	5
4	3	Steve Mayfield	60	Fairlands Valley Spartans	24.46	4
	4					3
	5					2
	6					1
	7					0
	8					0

DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Gavin Fordham	47	Bedford & County AC	30.92	6
2	2	Darren Janssen	37	Biggleswade/Luton AC's	27.88	5
3	3	John Bowden	45	Corby/Northampton AC's	24.78	4
	4					3
	5					2
	6					1
	7					0
	8					0

DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Ray Mckenna	50	Corby/Northampton AC's	33.6	6
5	2	Mark Roberson	51	Marshall Milton Keynes AC	31.60	5
1	3	Glen Kerr	51	Bedford & County AC	31.09	4
	4					3
	5					2
	6					1
	7					0
	8					0

M50-59	-	AG %	EA No
	-	44.9	2979459
	-	40.3	2669225
	-	32.5	2857961
M60-69	M60-69	AG %	EA No
	-	43.5	2798456
	-	41.0	2774976
	-	34.0	2811721
9		AG %	EA No
		48.0	2774968
		38.8	3657944
		37.4	4039067
M50-59	M50-59	AG %	EA No
	-	47.1	2857961
	-	45.0	2979459
	-	44.2	2775274

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DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts								M60-79		AG %	EA No
1	1	Simon Eastwood	61	Bedford & County AC	33.87	6								-		46.3	2774976
5	2	Gwynn Wallace	61	Marshall Milton Keynes AC	32.94	5								-		45.0	2798456
4	3	Roy Head	61	Fairlands Valley Spartans	31.07	4								-		42.5	4035182
3	4	Peter Knott	68	Corby/Northampton AC's	25.44	3								-		39.8	2829262
	5					2											
	6					1											
	7					0											
	8					0											
DT7	DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)	Pts								M70-79	AG %	EA No	
5	1	Bunt Scott	75	Marshall Milton Keynes AC	28.25	6								-	51.9	3273763	
2	2	Dave Faulkner	74	Biggleswade/Luton AC's	22.16	5								-	39.7	3020243	
1	3	Robert Richards	79	Bedford & County AC	19.32	4								-	39.5	2775327	
4	4	Charles Arnold	70	Fairlands Valley Spartans	13.58	3								-	22.2	3371952	
	5					2											
	6					1											
	7					0											
	8					0											
TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No				
5	1	Clint Grabs	39	Marshall Milton Keynes AC	10.45	6		-	x	x	x	59.6	2690440				
3	2	John Bowden	45	Corby/Northampton AC's	9.93	5		-	x	x	x	60.5	4039067				
4	3	Anton McCalla	49	Fairlands Valley Spartans	8.78	4		-	x	x	x	56.0	3180094				
	4					3											
	5					2											
	6					1											
	7					0											
	8					0											
TJ5	TJ	Triple Jump M50-59 [M50+]	RDA	Team	(NN.nn)	Pts	Wind					M50-59	M60-69	M70+	AG %	EA No	
1	1	Philip Bowers	58	Bedford & County AC	9.50	6						-	x	x	67.8	3797642	
5	2	Anthony Moffat	56	Marshall Milton Keynes AC	8.31	5						-	x	x	57.8	3947745	
	3					4											
	4					3											
	5					2											
	6					1											
	7					0											
	8					0											

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TJ6	TJ	Triple Jump M60+	RDA	Team	(NN.nn)	Pts	Wind								
1	1	Richard Phelan	64	Bedford & County AC	8.99	6				M60-69	M70+	AG %	EA No		
4	2	Steve Mayfield	60	Fairlands Valley Spartans	8.06	5				-	x	69.7	2871564		
5	3	Jim Lawrence	69	Marshall Milton Keynes AC	6.10	4				-	x	59.1	2811721		
	4					3				-	x	50.9	2690506		
	5					2									
	6					1									
	7					0									
	8					0									
PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No		
1	1	Richard Phelan	64	Bedford & County AC	2.60	6		x	x	-	x	61.4	2871564		
5	2	Adam Flaherty	48	Marshall Milton Keynes AC	2.10	5		-	x	x	x	39.9	4099877		
	3					4									
	4					3									
	5					2									
	6					1									
	7					0									
	8					0									
PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts			M50-59	M60-69	M70+	AG %	EA No		
1	1	Robert Kingman	53	Bedford & County AC	4.02	6			LR	x	x	81.3	2702171		
	2					5									
	3					4									
	4					3									
	5					2									
	6					1									
	7					0									
	8					1									
PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts				M60-69	M70+	AG %	EA No		
1	1	Simon Eastwood	61	Bedford & County AC	2.60	6				-	x	58.7	2774976		
5	2	Richard Pownall	67	Marshall Milton Keynes AC	1.50	5				-	x	37.1	2690593		
	3					4									
	4					3									
	5					2									
	6					1									
	7					0									
	8					0									

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R4x1-35	MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.n)	Pts
5	1	Clint Grabs	39	Marshall Milton Keynes AC	49.7	6
5a		John Watkinson	49			
5b		Eliot Winter	35			
5c		Dean Ward	36			
1	2	Chris Parson	45	Bedford & County AC	55.7	5
1a		Philip Bowers	58			
1b		Gavin Fordham	47			
1c		Roy Chambers	40			
3	3	John Bowden	45	Corby/Northampton AC's	57.0	4
3a		Keith Lok	51			
3b		Richard Brown	73			
3c		Nathan Hand	43			
4	4	Anton McCalla	49	Fairlands Valley Spartans	64.4	3
4a		Charles Arnold	70			
4b		Roy Head	61			
4c		Steve Mayfield	60			
R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
5	1	Paul Canning	60	Marshall Milton Keynes AC	56.1	6
5a		Anthony Moffat	56			
5b		Gwynn Wallace	61			
5c		Darren O'Leary	58			
1	2	Richard Phelan	64	Bedford & County AC	58.6	5
1a		Simon Coombes	54			
1b		Simon Harper	51			
1c		Tennyson James	68			

Rec
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2690440
4058934
2794684
4215395
4122913
3797642
2774968
2667991
4039067
3077805
2687604
4257614.
3180094
3371952
4035182
2811721

Rec
-

2971309
3947745
2798456
3678206
2871564
2730567
3724128
2775264

Enter Non-scoring athletes in the 'Non-Scorers' tab first					
Non Scoring (enter bib no., event and result - formatted appropriately)					
Bib	Event	Name	AG	1st Claim Club	Result
42	DT	Steve Mayfield	M60	Fairlands Valley Spartans	25.47
15	JT	Gavin Fordham	M45	Beds & County	38.11
41	800m	Eliot Winter	M35	Marshall Milton Keynes	2:17.5
39	3000m	Nathan Hand	M40	Corby	13:17.0
13	3000m	Simon Harper	M50	Beds & County	11:06.6
		-	-	-	